



# Stairs & Handrails

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*Stairs have their ups and downs*

*...don't let them trip you up!*

**UP  
&  
DOWN**



**DOWN  
&  
UP**

## Stairs & Handrails

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- Walk each step – and **ALWAYS** use the handrail.
- Do not skip steps, and **NEVER** run.



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- **Do not miss a step and slip when moving down.**
- **Do not catch a lip and trip when going up.**



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- **Check each step,** and watch for uneven steps.



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- **Make sure you can see where you are going, if you are carrying a load.**

***ALWAYS keep one hand free for the handrail.***

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**FOR OURSELVES  
&  
EACH OTHER**

***Let's take care...on each stair.***